

Amendments to the Specification:

Please replace the paragraph beginning at page 5, line 11, with the following rewritten paragraph:

With reference to Figures 8-12, the internal structure of the foot member 20 will now be described. The main body 22 is preferably formed as a two-part body member 22a, 22b which sandwich the spike member 30. In the preferred embodiment, the spike member 30 is formed with a detent therein in the form of an annular groove 33. The internal locking structure comprises an L-shaped locking plate 40 formed with ~~an aperture or a~~ latching portion 42 having a latching aperture 42a, 42b through which the spike member 30 passes and a leg portion 43 outwardly extending from the latching portion 42 substantially perpendicularly thereto. The latching aperture 42a, 42b ~~[[42]]~~ has two different portions with two different diameters whereby the spike member 30 is disposed and freely moves in ~~[[the]]~~ a large diameter portion 42a of the latching aperture 42a, 42b ~~[[42]]~~ in the retracted position (see FIGS 9 and 10). In the projecting position (FIGS. 11 and 12), ~~[[the]]~~ a small diameter portion 42b engages the annular groove 33 of the spike member 30 to retain the spike member in a fixed position with respect to the main body 22.